

University of Groningen

Lifestyle change in adults with intellectual disabilities

Willems, Mariël

DOI:
[10.33612/diss.102031521](https://doi.org/10.33612/diss.102031521)

IMPORTANT NOTE: You are advised to consult the publisher's version (publisher's PDF) if you wish to cite from it. Please check the document version below.

Document Version
Publisher's PDF, also known as Version of record

Publication date:
2019

[Link to publication in University of Groningen/UMCG research database](#)

Citation for published version (APA):
Willems, M. (2019). *Lifestyle change in adults with intellectual disabilities: use and effectiveness of behaviour change techniques*. [Thesis fully internal (DIV), University of Groningen]. Rijksuniversiteit Groningen. <https://doi.org/10.33612/diss.102031521>

Copyright

Other than for strictly personal use, it is not permitted to download or to forward/distribute the text or part of it without the consent of the author(s) and/or copyright holder(s), unless the work is under an open content license (like Creative Commons).

The publication may also be distributed here under the terms of Article 25fa of the Dutch Copyright Act, indicated by the "Taverne" license. More information can be found on the University of Groningen website: <https://www.rug.nl/library/open-access/self-archiving-pure/taverne-amendment>.

Take-down policy

If you believe that this document breaches copyright please contact us providing details, and we will remove access to the work immediately and investigate your claim.

Downloaded from the University of Groningen/UMCG research database (Pure): <http://www.rug.nl/research/portal>. For technical reasons the number of authors shown on this cover page is limited to 10 maximum.

Lifestyle change in adults with intellectual disabilities

Use and effectiveness of behaviour change techniques

Mariël Willems-Jongsma

The work presented in this thesis was performed at the Research Group Healthy Ageing, Allied Health Care and Nursing, Hanze University of Applied Sciences, Groningen, the Netherlands, at the Research Institute SHARE of the Groningen Graduate School of Medical Sciences of the University Medical Center Groningen, University of Groningen, the Netherlands.

Printing	Ridderprint BV, www.ridderprint.nl
ISBN	978-94-034-2140-7
ISBN	978-94-034-2139-1 (E-book)

© 2019 Mariël Willems-Jongsma

All rights reserved. No parts of this publication may be reproduced, stored in a retrieval system or transmitted in any form or by any means, without the prior written permission of the copyright owner.



rijksuniversiteit
 groningen

Lifestyle change in adults with intellectual disabilities

Use and effectiveness of BCTs

Proefschrift

ter verkrijging van de graad van doctor aan de
Rijksuniversiteit Groningen
op gezag van de
rector magnificus prof. dr. C. Wijmenga
en volgens besluit van het College voor Promoties.

De openbare verdediging zal plaatsvinden op

maandag 9 december 2019 om 14.30 uur

door

Mariël Jongsma

geboren op 19 januari 1991
te Almelo

Promotor

Prof. dr. C.P. van der Schans

Copromotores

Dr. A. Waninge

Dr. J. de Jong

Dr. T.I.M. Hilgenkamp

Beoordelingscommissie

Prof. dr. M. Hagedoorn

Prof. dr. A.A.J. van der Putten

Prof. dr. G. Leusink

Contents

Chapter 1	General introduction	14
Chapter 2	Effects of lifestyle change interventions for people with intellectual disabilities: Systematic review and meta-analysis of randomized controlled trials <i>Journal of Applied Research in Intellectual Disabilities, 31(6), 949-961</i>	25
Chapter 3	Use of behaviour change techniques in lifestyle change interventions for people with intellectual disabilities: A systematic review <i>Research in Developmental Disabilities, 60, 256-268</i>	55
Chapter 4	Exploration of suitable behaviour change techniques for lifestyle change in individuals with mild intellectual disabilities: A Delphi study <i>Journal of Applied Research in Intellectual Disabilities, 32(3), 543-557</i>	95
Chapter 5	Behaviour change techniques used in lifestyle support of adults with mild intellectual disabilities <i>Manuscript submitted</i>	119
Chapter 6	Training professional caregivers in changing lifestyle behaviour of adults with mild intellectual disabilities: a pilot-study <i>Manuscript submitted</i>	135
Chapter 7	General discussion	153
	Nederlandse samenvatting	162
	Dankwoord	168
	Research Institute for Health Research SHARE	173

